

The Person & Complaint

A 46 year old woman presented with 'restless legs'. This would wake her up at night. She was also experiencing headaches and general stress. Recently she would also have to go to the bathroom several times (3+) during the night. She communicated that if the 'restless legs' did not wake her up, the needing to go to the bathroom would.

The Story & Emotions

She was experiencing a lot of worry about her children and general anxiety about most everything. She had an overall feeling/sensation that something bad was about to happen to either her or her children or someone she cares about. This was a recent symptom having started at the same time of the headaches, restless legs and frequent urination issues noted. There was no specifically related story that she was able to communicate at this time. This had been going on for approx. 2 months and was getting worse.

The Energetic System

As the headaches seemed to be on the GB channel – I felt that channel which felt very hollow and empty (a feeling I had not felt before). Quite instinctively I simply asked her when she had had her GB taken out. She was amazed that I knew that as she had not told anyone that could have told me that and advised that she had it removed in her youth – many years ago. Her K1s and Bladder channels were also blocked – as well as Netzach and Yesod.

Treatment 1

- Talked mostly (intake) and then worked on K1s for the restless legs, after checking other channels/centres to determine a starting baseline (as noted above).

Treatment 2

- Continued work on K1s for the restless legs, and then the bladder channel (from the foot) for the other issues. As they were not moving much I explained that it may be related to a trauma that took place – perhaps around the time of the GB removal. She burst into tears and proceeded to tell me something she had never shared with anyone about being sexually abused as a child around that time. I did some Centre work on Yesod,



Netzach and the Heart. She was very concerned about confidentiality of the matter as she had been keeping this in/to herself her entire life (and had planned to continue to do so). She realized that a few weeks back (when the symptoms started) that something with one of her daughters had triggered her to remember/recall this trauma and now saw the connection to her contracting and worrying (through our Mind/Body/Emotion conversation) that something like this may happen to her children.

Treatment 3

- Did release work on the sexual trauma and associated Centres (Yesod, Netzach and the Heart). Then went back to the channels on the feet related to the specific symptoms (KIs, Bladder and GB as well (even though the organ was not there, the channel now contained a flow) – the other channels (KIs and Bladder) improved dramatically as well. Ended with talking to Client about the Inner Smile and benefit of doing that every day.

Treatment 4

- Did some final release work on the story with much success and Centre opening/movement. Confirmed associated foot channels were open as well. Walked through/discussed Inner Smile questions and practice. Client felt amazing and reported that since the last treatment she no longer had the restless legs or headaches. She also no longer needed to get up during the night to go to the bathroom. She was, in her words "sleeping like a baby". The 'anxiety' feeling was also greatly reduced, but still present. We talked about how the Inner Smile daily practice should sort that out in short order. Also did work on PC9 while talking her through this practice.

Treatment – Resolution & Follow-up

- Follow-up 1 month later confirmed that not only were the physical symptoms still 'cured' (i.e. no restless legs, no headaches, and no bladder issue) – she now communicated that after about a week more of Inner Smile daily practice since our last session, the 'anxiety' she had been experiencing has completely disappeared. She was amazed with the treatments/positive results and committed to continue to practice the Inner Smile daily.